



WHATSheATE



HEALTH SCORE

94%

Caramelized Salmon with Cherry Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 teaspoons balsamic vinegar



3 tablespoons brown sugar



1 cup cherries frozen thawed halved drained



0.3 teaspoon pepper red crushed



2 tablespoons mint leaves fresh chopped



0.5 teaspoon coarsely ground pepper black



1 tablespoon orange peel grated



1 papaya ripe peeled seeded chopped

☐ 1.5 pounds salmon filet fresh with skin

Equipment

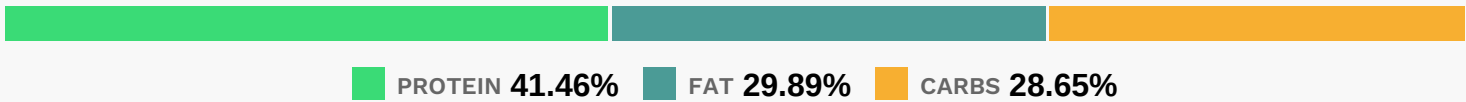
☐ frying pan

☐ grill

Directions

- ☐ Thaw fish, if frozen. Stir together brown sugar, orange peel and pepper.
- ☐ Place fish, skin side down, in a shallow pan. Rub sugar mixture over fish. Cover and refrigerate 2 to 8 hours.
- ☐ Remove fish from pan, draining off any juices.
- ☐ Place salmon, skin-side down, on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium-hot coals. Grill for 20 to 25 minutes or until fish flakes easily. Do not turn fish.
- ☐ Meanwhile, toss together mango or papaya, cherries, mint, vinegar and red pepper. Spoon fruit salsa over warm fish.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.69, Glycemic Load:5.36, Inflammation Score:-8, Nutrition Score:29.492174055265%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 336.54kcal (16.83%), Fat: 11.1g (17.08%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 21.47g (7.81%), Sugar: 19.47g (21.64%), Cholesterol: 93.55mg (31.18%), Sodium: 86.94mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.65g (69.3%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.7µg (89.57%), Vitamin B6: 1.45mg (72.5%), Vitamin B3: 13.78mg (68.89%), Vitamin C: 51.53mg (62.47%), Vitamin B2: 0.69mg (40.46%), Phosphorus: 358.78mg (35.88%), Potassium: 1086.32mg (31.04%), Vitamin B5: 3.08mg (30.77%), Vitamin B1: 0.42mg (27.71%), Copper: 0.5mg (24.96%), Vitamin A: 963.05IU (19.26%), Folate: 75.49µg (18.87%), Magnesium: 73.14mg (18.28%), Iron: 1.94mg (10.79%), Fiber: 2.48g (9.93%), Zinc: 1.22mg (8.12%), Manganese: 0.15mg (7.71%), Calcium: 58.25mg (5.83%), Vitamin K: 3.24µg (3.09%), Vitamin E: 0.31mg (2.04%)